

NORMAL MANIFESTATIONS OF GRIEF

1. Loss of appetite, nausea, diarrhea
2. Feeling of emptiness in the stomach
3. Lump in the throat
4. Tightness in the chest
5. Feeling of weakness
6. Palpitations
7. Inability to sleep, early morning awakening, extreme fatigue
8. Grinding the teeth during sleep
9. Dryness of the mouth
10. Inability to concentrate, forgetfulness regarding what is being done in the middle of a task, forget what is being said in the middle of a sentence
11. Loss of time perception
12. Difficulty with remembering or maintaining a schedule
13. Intense sense of loneliness and feeling of social isolation
14. Overwhelming sense of sadness
15. Longing for life to return to the way it was
16. Crying at unanticipated times
17. Over-sensitivity to noise
18. Breathlessness, frequent sighing
19. Restlessness, inability to complete normal tasks or read a book
20. Experience occasions of resentment that "life goes on" for others
21. Hear, smell, see loved one, particularly in familiar settings
22. Need to retell the details of the loss again and again
23. Experience a feeling of anger at the loved one for dying
24. Temporarily attempt to preserve life "as it was" for the loved one
25. Have recurrent feelings of guilt or remorse
26. Assume characteristics, mannerisms of the loved one
27. Have a sense of unreality about life and the death of the loved one